

Friday Winning Recipe

Crunchy Chicken Sesame Salad

Submitted by Karen Peppered

Ingredients

Salad:

1 Med. Head Cabbage, chopped
½ cup sesame seeds
¾ cup sunflower seeds
3-4 green onions, chopped
1 pkg Ramen Noodles (noodles only, dry),
crushed
2-3 chicken breasts, cooked, diced

Dressing:

½ cup vinegar
½ cup splenda
½ tsp salt
½ tsp onion powder
2/3 cup unsweetened applesauce

Directions: Mix salad items together. In a different bowl, whisk the dressing items together. Chill the dressing until ready to serve. Pour over salad, mix well, and serve.

Amount Per Serving	
Calories	319
Total Fat	20 g
Total Carbohydrate	28.3 g
Protein	14.4 g